IN THE CLAIMS

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Please amend the claims as follows:
1. (Cancelled)
2. (Cancelled)
3. (Cancelled)
4. (Cancelled)
5. (Cancelled)
6. (Cancelled)
7. (Cancelled)
8. (Cancelled)
9. (Cancelled)
10. (Cancelled)
11. (Original) A method of manufacturing a structural member, comprising the steps of:

- a. Placing resin-impregnated fabric into at least one female mold to create complementary parts of the structural member, up to a desired thickness, for joining along at least two seams;
- b. When the parts have cured, removing the parts from the mold and joining one of the at least two seams by applying adhesive and substantially opposed channels in a seam anchor strip over complementary edges of the one seam;
- c. When the adhesive has set, testing the structural member for deflection, and if the deflection testing indicates that the structural member has not achieved a desired deflection

resistance, applying further resin-impregnated fabric along an interior surface of the structural member;

- d. Once the structural member has achieved the desired deflection resistance, applying adhesive and substantially opposed channels in a seam anchor strip over complementary edges of the other of the at least two seams to complete the assembly of the structural member.
- 12. (Original) The method of claim 11 including, at any time after step b., the additional step of applying one or more further layers of resin-impregnated fabric over an interior of the seam anchor strip and overlapping a portion of an interior surface of each of the structural member parts.
- 13. (Original) The method of claim 12 wherein one or more further layers of resin-impregnated fabric is applied over an interior of the seam anchor strip through a gap between parts at an unjoined seam.
- 14. (Original) The method of claim 12 wherein one or more further layers of resin-impregnated fabric is applied over an interior of the seam anchor strip by drawing resin-impregnated fabric through an open end of the structural member and pressing same against interior of the seam anchor strip and a portion of an interior surface of each of the structural member parts.
- 15. (Original) The method of claim 11 including, before step a., the step of coating the one or more molds with one or more layers of a finishing paint.
- 16. (Original) The method of claim 11 in which the opposing channels are provided with teeth for lateral engagement of an adhesive used to secure the edges of the complementary parts.
- 17. (Original) The method of claim 11 in which one or more of the seam anchor strips is provided with an external profile for affixing another element to the seam anchor strip.
- 18. (Original) The method of claim 17 in which the structural member is a mast and the profile is a track for slidably receiving lanyard hardware.
- 19. (Original) The method of claim 11 in which the adhesive comprises methacrylate.

20. (Original) The method of claim 11 in which the resin-impregnated fabric has a fibre direction, some of the resin-impregnated fabric being oriented in a radial direction and some of the resin-impregnated fabric being oriented in an axial direction.